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MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts Spartan Training System.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician's clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.
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A PERSONAL MESSAGE FROM FUNK

I'M NOT TELLING YOU IT IS GOING TO BE EASY, I'M TELLING YOU IT'S GOING TO BE WORTH IT!

First and foremost, I’d like to say a heartfelt thank you and extend my sincerest congratulations for making this important decision in your life. Getting your body into the finest shape it can be in is not at all easy, but as you continue through this journey you will come to see and feel that your time and effort is so very worth it. You owe it to yourself!

Now that you have made the most important decision in your transformation process, I am thrilled to offer you this step by step 10 week blueprint to lead you down the path to being truly physically fit. Remember though, nothing worth having comes without some kind of fight. This is not an easy program. You will have to work hard, make lifestyle changes, be consistent and BE DEDICATED. Don’t cheat yourself out of this opportunity.

This 10 Week Spartan Training System (STS) Program will have you burning calories and fat while you build lean, hard muscles. You will feel stronger, have more energy, possess more confidence and learn to lead a healthy lifestyle that you can continue for the rest of your life. If you follow the 10 Week STS Program as I have designed it for you, I guarantee your body will transform. How do I know? Easy, I did the entire workout program myself and followed
the nutrition plan to a “T”. Every workout, every meal and every step is laid out for you in an easy to follow format. Your success depends on you. It depends on how are you are willing to work and how consistently you follow the STS Program’s format. It’s all within your control, and I’ll be here along the way to guide you and encourage you.

Just think, in only 10 weeks you will be in the best shape of your life. Again, I’m not telling you it’s going to be easy, but I am telling you it’s going to be WORTH IT!!! Are you ready to unleash your inner Fitness Warrior?

Let’s GET ON THAT PATH TO GLORY!!!

WHAT IS THE SPARTAN TRAINING SYSTEM 10 WEEK PROGRAM (STS)

In this section we’ll briefly discuss what the 10 Week STS Program can do for you, the Spartan. Its beauty is in its simplicity; you will burn fat and build muscle through strict metabolic workouts and simple nutritional adjustments.

All your resources (e-books and videos) are housed on a “Members Only” STS Program online repository and are downloadable to your computer, IPAD, IPOD or MP3 player.

The workouts are comprised of compound movements working multiple joints and muscles at the same time. This effect allows you to increase your metabolism, build muscle faster and get stronger. These intense workouts deliver cardio, core and resistance training at the same time.

Your tools for success are kettlebells, dumbbells, stability ball and your own bodyweight. These will be the core weapons you will take into the battle as you transform your body into a fit, lean and strong Spartan Warrior.
For those of you that are newer to these movements there are exercise demo videos for each workout. Additionally, all workouts are downloadable AND you will have the option to workout with Funk using the “Follow Along Videos” if you purchased them.

I further recommend you print the workout guides along with the tracking sheets to port them to the gym with you. You may also want to commit the movements to your memory by clicking on an exercise to view the demo. Alternatively, you can download the demo to your local computer drive so you always have access whenever you need it. Basically, there is no excuse. It's time for you to GET IT DONE! ARE YOU IN or ARE YOU IN THE WAY?

In conjunction with the workouts, the nourishment of your body will play a key role in you successfully reaching your goals. A healthy, nutritious lifestyle is 80% of the equation in this transformation. Always remember you cannot out-train a bad diet; no matter how much cardio, resistance training or crunches you do, you will not be successful if you continue with an unhealthy diet.

The Fit to Eat Nutrition Guide is an easy to follow methodology that outlines both the proper foods and appropriate portions that you are to include in your everyday nutrients.

If you purchased the upgraded Fit to eat Nutrition Plan, you will have access to terrific recipes and superb nutritional tidbits right at your fingertips. With this plan you can choose between the “Done for You” or “Do It Yourself” options. Regardless of your choice, the Fit to Eat Nutrition Plan is easy to use and ensures total body metabolic optimization; burn maximum fat while increasing lean muscle mass. In addition I have included some key supplements to help you stay fit and healthy throughout the 10 Week Program. Also included are pre and post warm up and stretch routines and some bonus workouts to ensure you are constantly challenged.

Couple that with daily, motivational emails which will include additional fitness information and you will be well on your way to this glorious transformation.
WHAT IS THE “M3” APPROACH?
Metabolic Muscle Method

Today, I will share with you why I never do any long bouts of cardio or any traditional weight training like bodybuilders to get or maintain the body I have. In fact I am stronger and in better shape than I ever have been.

As an Fitness Expert people always ask me in order to get lean and ripped what are the best exercises, workouts and training to me to get results quickly and safely.

I am going to explain how my new Scientifically proven “M3” - Metabolic Muscle Method will help you burn fat 24-7 while building lean hard muscle and transform your body into the best it’s ever been.

I Discovered This Triple Threat Metabolic Muscle Method (M3) to Training That Produces Permanent Results Faster Than Ever

The triple threat M3 “Metabolic Muscle Method” approach to training combine the Progressive Overload Principle with short High Intensity Metabolic Workouts that release your growth hormones to pack on muscle while igniting your Afterburn metabolism so you can maximize fat burning 24-7.

And with the combination of these three variables in this method you will transform your body into a fit, shredded Warrior.

1. Progressive Overload Principle

If You’ve Been Doing The Same Training Split Using The Same Weights for Over 5 Years, It’s No Wonder You Haven’t Made Any Gains.

This Metabolic Muscle Approach uses a modification of a training principle called Progressive Overload, which is the primary training requirement for building muscle.
The progressive overload principle basically states:
In order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body must be forced to adapt to a tension that is above and beyond what it has previously experienced.

And what it means is, if you lift the same weights, for the same number of reps, the same way for the next 20 years... nothing will ever happen. Your body will never change or improve in any way. At best, you will only maintain your current state.

There are many ways to progress using this principle but Metabolic Muscle Method uses Time Under Tension to help build muscle. This method challenges you to increase the demands you are placing on the body by increasing the interval times, amount of reps during the intervals or the weight being lifted each subsequent interval.

By increasing the demands on your body, then you will have no other choice but to make the necessary changes and improvements that will allow it to adapt to this environment.

And these “changes” come in the form of more muscle, more strength, less fat, more tone, better performance and just the overall results you are looking to get.

Your muscles need to be challenged in order to grow and Metabolic Muscle Approach will do this for you.

Progressive Overload

Progressive overload must continually occur in order to induce adaptations and changes resulting in muscular hypertrophy. Progressive overload can be achieved through several methods, including increasing the intensity of exercise or resistance/weight used while staying with the same set and rep range, increasing the volume by increasing the number of sets and/or reps at the same or higher weight, changing tempo and training velocity, rest periods, etc. (Fleck & Kraemer, 2004).

2. Growth Hormones

Using Traditional Weight Training With Isolation Exercises Are Not Going to Produce Enough Power to Release Human Growth Hormones And Help You Build That Lean, Ripped, Muscular Physique.

Did you know that using Isolation exercise weight training splits like bi’s and tri’s or chest and back, etc. do not stimulate the release of growth hormone?

Metabolic Muscle Method (M3) uses short, intense total body circuits combining compound exercises, with resistance will improve your power and ignite your growth hormones which is the powerful muscle building and fat burning hormone.

One of the most effective way for you to increase GH production to build lean muscle mass while promoting overall muscular balance is to workout using full-body and compound exercises NOT isolated exercises (examples of isolated exercises would be things like bicep curls, calf raises, hamstring curls, etc.).

Why?

Because compound exercises demand more muscles to be used at the same time. This places significant metabolic stress on the body, which responds by producing more HGH.

Isolated exercises, on the other hand, simply don’t recruit enough muscle fibers to stimulate any significant GH.

Research shows that 3 total body metabolic workouts per week WINS over daily isolation workouts – traditional weight training as you will produce more growth hormones.

The other element that M3 helps to create is POWER.

Power is a key element to getting a lean fit body. That’s because when you produce more power, it triggers the natural release of Human Growth Hormone (HGH).

Power or work capacity is the ability to perform an amount of work in a specified amount of time. The more work you can do in a shorter amount of time, the more power you will produce.
HGH triggers fat metabolism for energy use in muscle growth, which means you lose fat while gaining dense muscle. HGH also enhanced protein synthesis in your muscles, making them stronger and larger *(not to worry ladies you will NEVER BULK UP, unless you plan on using STEROIDS)*.

The most critical factor to know if you want to produce more HGH is increasing the intensity of the exercises you perform because intensity is the key to increasing power.

If you want to maximize your results, you’ve got to workout in a way that boosts your level of HGH production naturally—making the muscle building process faster and more efficient...

### 3. Afterburn Effect

Long Boring Bouts of Cardio On The Elliptical or Treadmill is NOT Going To Burn Fat Fast Enough... Triple Your Fat Loss Working Out Half The Time.

Long steady 30-60 minute cardio sessions like Jogging... biking... treadmills or the elliptical machine are all steady state cardio and a total waste of time.

Science proves this time and time again. Any time that you keep your heart rate steady, even if it’s elevated, your body is still going to attempt to adapt to it and ultimately give you diminishing results...

Also when you are on the machines doing cardio, you are only burning a small amount of calories during that time and when you are done...NO MORE CALORIE BURNING

The key is doing a workout for shorter periods of time that will ignite your metabolism so you can burn calories during and long after as well.
Physiological effect to metabolic workouts, like Spartan Workouts, that allows you to burn fat up to 36 hours after you’re done is known as Excess Post exercise Oxygen Consumption (EPOC) or the “Afterburn Effect”

“M3” uses high intensity metabolic circuits that place an intense demand on the system that it takes your body up to 36 hours to work its way back to homeostasis (a normal state).

This is essentially how much additional energy the body burns off above and beyond the calories burned during the workout session in order to recover properly.

Let me explain how this works, after a metabolic circuit your body’s metabolism is very high. Basically because you are resting at this time your body is tapping into the fat stores for energy through oxygen. Oxygen burns fat, which is amazing.

Your body takes a lot longer to recovery after due to the fact that you worked at such a high intensity for short period of time. Therefore your body is burning fat for a longer period. Science shows that your body can burn fat up to 36 after the metabolic circuits using the Metabolic Muscle Method.

This literally turns you into a calorie and fat incinerating furnace, even if you’re just lying on the couch or on YouTube.

Be confident that using M3 approach during the Funk Roberts Spartan Training System 10 Week Program will help you burn a tone of fat and build lean muscle.

GET IT DONE!
GOAL OF THE PROGRAM
Spartans Stand Up and Prepare For War On Fat!

Everyone has that hidden warrior inside; the one that stands up to fight for what we believe, fight for our family and fight for survival. Your inner warrior wants to come out and now is the time to unleash it. Take on new challenges and put everything you have into conquering them. This is what the STS Program will do for you; it provides you with an exceptional challenge so you can awake and release that warrior inside, fighting to make you the best you can be.

The Spartan Training System is a 10 week program that is a follow up to the Four Week Spartan Training Workout Challenge. I researched, tested, re-tested and created the best muscle sculpting, strength building, fat burning and weight loss program on the web. Over 20,000 people have used this program and they asked for MORE! You ask, I listen....I am thrilled to disclose this incredible new program.

The STS 10 Week Program will test your mind, body and will to succeed. Starting with a test to see where your warrior lies, you will begin with a two week pre-program training to ensure your warrior is ready and then launch into eight weeks of strength building, fat burning, muscle sculpting, sweat inducing workouts to improve your flexibility, balance, coordination and overall cardiovascular health.

It won’t be easy, but as soon as the warrior is unleashed you will find a way to conquer! I know you can do it, and deep inside YOU KNOW you can. All you have to do is follow the formula we have created, work hard, have fun and I guarantee you will see results. I am giving you all the tools you need to be successful, now it’s up to you.

If you want to unleash your warrior and see amazing results, then make the commitment to workout with me four days a week for the next 10 weeks. You WILL become a TRUE SPARTAN WARRIOR and it will be the best fitness decision you ever make.
WHAT I EXPECT FROM YOU
What Does It Really Take To Sculpt Your Body?

The most important message that I wish to convey with the STS Program is **enjoyment**. Embrace this journey and enjoy the transformation process. At the same time however I expect you to be dedicated, focused, patient and willing to learn throughout the entire program.

Please also consult your physician before starting this program. Although it is progressive, it is still incredibly intense and not for the faint of heart.

The best way to ensure a successful body transformation is to ease into it. The single biggest reason that people fail their fitness resolutions is because they assume the “ALL OR NOTHING” mentality. This thought process usually has a person making drastic changes too quickly which ultimately leads to failure. The STS Program is designed to be progressive to mitigate such risk.

The first couple of weeks will be used to eliminate your bad habits and adopt your new healthy lifestyle as we ease into the next phase. Please understand, your transformation will be gradual; it will not happen in 14 days.

Your results may not be amazing in the beginning but you have to be dedicated and not give up. After 30 days you will begin to see a physical difference.

Stay focused, dedicated and **NEVER QUIT**. If you fall off the horse, get back on and start back on that **PATH TO GLORY. YOU ARE WORTH IT!**
WHAT IS THE STS PROGRAM?
Funk’s Spartacus Pillars Of Success

When designing this program I was looking to simplify the framework and identify key components for success. As I progressed through the 10 Week STS Program, I quickly realized what the main aspects are:

- Metabolic Workouts
- Nutrition
- Rest-Recuperation

I call these components the Pillars of Success. If you focus on completing the Metabolic Workouts, following the Fit to Eat Nutrition plan and ensure you are taking your rest days to recuperate, you too will see significant results.

Not implementing all three pillars together is usually what leads to your inability to reach your desired goals. You work out too much and don’t watch your nutrition...fail. You eat well but can’t seem to firm up your body while losing weight because you aren’t following the exercise program...fail. You aren’t getting enough rest during the program which leads to chronic injuries and overtraining...fail. You cannot cut corners nor do one more than the other if you want to succeed.

The STS program is laid out in an easy to follow plan and incorporates an excellent balance of all three pillars as part of your 10 week transformational journey.

**Metabolic Workouts**

a) **Metabolic Workouts** - As mentioned previously, the short definition of metabolic training is completing compound exercises with little rest in between in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

**Note:** It’s not all about how much weight you can lift, it’s about how challenging the workout session is. If you are just starting out then even lighter weights will be challenging for you. It won’t take your body long to adapt so be sure to work harder the next time. Adding more resistance/lifting heavier weight is only one way to make it harder. Other ways to challenge yourself include changing the sequence of exercises, rest periods and volume of exercises.

Don’t be put off by this - most people are simply unaware they need to push themselves harder. So this should be a relatively simple adjustment and one that will net you incredible gains when you make it!

If you’re prepared to get ‘uncomfortable’ then be prepared to get results!
Nutrition

b) Spartan Fit to Eat Nutrition Plan – One of my favourite quotes is “You Can’t Out-Train a Bad Diet. The Spartan Fit to Eat Nutrition Plan is designed to show you how to eat properly maximizing fat loss and increasing lean muscle growth. You will eat copious amounts of whole, healthy foods and won’t feel hungry.

I have partnered with leading Nutritionist Laura D to create this nutrition guide and plan so your food intake will work most efficiently. Following this plan will increase your metabolism to help you burn fat as you feed your muscles with the right fuel to help them grow. Remember, this is a critical component; if your diet isn’t clean then all your work in the gym will be for not.

Laura D’s meal plans are easy to follow and provide you with two options; Done for You Meals or Do It Yourself Meals. With the Done for You Meal Plan there is no thinking involved. Yes you will have to prep your meals, but you won’t have to think about whether it’s acceptable fuel for your body or not. For the DIYers, Laura D has provided you with a comprehensive list of healthy foods for you to combine and create personalized meals.

Rest and Recuperation

c) Sleep and Rest - Sleep is important for optimal training, recovery and muscle growth. It’s during the sleep phase when your body recuperates and your muscles rebuild and grow. With this highly intense metabolic workout regime you will be doing over the next 10 weeks, it is not only important that you eat well, but that your body is provided downtime to rest and recover as well.

- Rest days give your body the ability to recuperate and restore the energy needed to perform another workout with me
- Minimum of seven to eight hours of sleep per night is important for optimal growth and recovery
- Deep REM sleep is your ultimate goal. During REM, the pituitary gland releases Human Growth Hormone. HGH is the hormone responsible for muscle growth while increasing your metabolism to burn fat.
This is not your typical fitness and nutrition guide. It won’t explain a multitude of theories to your leaving you confused and looking to choose what may or may not be the best solution for you. Instead, this guide is designed to emulate the experience you would have with a personal trainer.

Call me your Virtual Personal Trainer. It is structured progression...yes PROGRESSION (not instant miracle) that will lead you through a series of strenuous and extraordinarily effective workouts to help you reach your ultimate goal, a healthier, stronger, fitter you.

The program has different phases and milestones spaced two weeks apart. Each phase will get progressively more difficult continuing its mission to stimulate your body into building lean muscle and burning fat. All you have to do is follow the directions and workout videos.

Remember DON’T GIVE UP!!! Stay with the program.

The workouts in each phase are full body metabolic training. They take no longer than 20-41 minutes and are intense. The workouts are a combination of high-intensity calisthenics, resistance training, and core work using kettlebells, dumbbells, stability ball and your own bodyweight. They are easy to follow and leave you feeling pumped afterward. The specific movements will target fat loss, muscle building and overall cardiovascular fitness.

The duration, volume, intensity and drills themselves will be adjusted for each phase. With this approach, your body will never plateau, meaning the fat will continuously burn while the muscles consistently grow and strengthen.

If you follow this program, after just two weeks you will feel the difference. After four weeks you will begin to see these changes in the mirror and at week 6-8 your body transformation will be significant. Although these physical changes will be dramatic, the most incredible change will be the way you feel about yourself. The sense of accomplishment will be tremendously gratifying and I urge you to carry the relentless dedication toward successful achievement forward and apply it to the rest of your daily activities, your work, relationships, everything you do.

You want to be FIT? Well it starts RIGHT NOW!
PHASES OF THE STS PROGRAM WORKOUTS

There are four phases to the STS Program and each phase will get progressively more difficult. The activities are not easy, but following the program most certainly is. All you have to do is commit and follow the directions.

STAY WITH IT! YOU CAN DO IT!

Remember this program is designed to completely transform your body and it will take time; be patient and keep working hard. The exercises will change as we progress through the program to ensure we:

- avoid adaptation and plateaus
- keep workouts fresh, new and challenging
- help with transformation of your body as phase focuses on different elements
- learn how to exercise properly to build strength, enhance cardio and burn fat

Phase One

<table>
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<tr>
<th>FOUNDATION PHASE</th>
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<tr>
<td>WEEK</td>
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<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
</tbody>
</table>

Although physically this phase may seem a bit easy to you it is often the most difficult phase to get through as you are making so many changes in your life. You have to schedule workouts around your already busy day and completely prepare for a (possibly drastic) change to your nutrition plan meaning you’ll have to get rid of foods that are toxic to your success, grocery shop and prepare meals. And regardless of how fit think you are right now, you are going to be sore. If you can get through this phase your chances of attaining your
goals will be exponentially higher. Use this phase to help incorporate the new workouts into your lifestyle.

In this phase you will be learning and performing the 10 foundational exercises of program. You will also be introduced to the workout formats. The workout intervals and sets are shorter to ensure that you gradually integrate into the program rather than going from zero to hero injuring yourself or burning out.

The workouts themselves will be no longer than 30 minutes during Phase One. It’s important that you learn and get comfortable with the exercises as each phase brings tougher variations of the exercises and longer intervals. Remember, follow the directions provided. Although the workouts are shorter in length, it is important that you do not over train. There is 10 weeks to the program so you have to pace yourself.

If you don’t exercise normally or are getting back into training then you will experience more soreness during Phase One than someone who currently trains. This is perfectly normal when beginning a new program, different exercises or alterations in your workouts. I get sore when I train too, especially if I am doing something new. You must endure, stretch and continue with the workouts. These two weeks will test your will, if you can persevere, you will taste sweet glory. Remember....TAKE YOUR REST DAYS!!! NO EXCEPTIONS!!!

Phase Two

<table>
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<tr>
<th>METABOLIC INTERVAL TRAINING</th>
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<tbody>
<tr>
<td>WEEK</td>
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<td>3</td>
</tr>
<tr>
<td>4</td>
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<table>
<thead>
<tr>
<th>Name</th>
<th>Metabolic Interval Training Phase</th>
</tr>
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<tbody>
<tr>
<td>Duration</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Goal</td>
<td>Become a fitness addict</td>
</tr>
<tr>
<td>Comment</td>
<td>Time to improve your cardio fitness level!</td>
</tr>
</tbody>
</table>

In Phase Two we introduce a set of two new workouts with new exercises. These new workouts will last for 35 minutes and will build your cardio and conditioning. There will still be some strength building but the focus will be squarely on cardio. If you don’t improve your cardio conditioning, then you will find it difficult to get through the next phase.

As mentioned before each phase gradually escalates in intensity of the training by increasing the intervals of each set. You will find the mixture of new exercises and the increased intervals will serve as a new challenge. Never a dull moment!
Your soreness will not be as prevalent, as your body is now able to recover faster and more effectively. Your cardio will definitely be challenged in this new phase. Remember.....TAKE YOUR REST DAYS!!! NO EXCEPTIONS!!!

FUNK ROBERTS SPARTAN TRAINING SYSTEM // Program Overview // www.spartantrainingsystem.com
Phase Three

**Phase Three**

<table>
<thead>
<tr>
<th>Name Metabolic Resistance Phase</th>
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<tbody>
<tr>
<td><strong>Duration</strong></td>
<td>4 weeks</td>
</tr>
<tr>
<td><strong>Goal</strong></td>
<td>Become a fitness junkie</td>
</tr>
<tr>
<td><strong>Comment</strong></td>
<td>This is the meat and (sweet) potatoes of the program!</td>
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</table>

Phase Three is not for the faint of heart. Over a four week period we will continue with the four core workouts and one free day. In the first two weeks of this phase there we will incorporate 10 new exercises and in the second two weeks another 10 new exercises.

The first half of the phase will have two new workouts and the intervals will be 60 – 15 with workouts lasting between 27 and 41 minutes. The second half of the phase will also have two new workouts and the intervals will be again be 60 – 15 with workouts lasting 41 minutes. Please note that the warm up and stretch period will be in addition to the 41 minute workouts. You will be increasing the intervals of each workout throughout this phase.

There is a new set of four new workouts and exercises that are a little more difficult than the past, shocking the body into increased growth and rapid fat loss. This is definitely the most difficult and challenging phase but you will see the most significant, positives change in your body, strength and overall cardio over these four weeks. **Remember.....TAKE YOUR REST DAYS!!! NO EXCEPTIONS!!!**

Phase Four

<table>
<thead>
<tr>
<th>Name Metabolic Conditioning Phase</th>
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<tbody>
<tr>
<td><strong>Duration</strong></td>
<td>2 weeks</td>
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<table>
<thead>
<tr>
<th>Name Metabolic Conditioning Phase</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Duration</strong></td>
<td>2 weeks</td>
</tr>
</tbody>
</table>
Goal
Shed the fat!!!!

Comment
Out with the weights. Use your own body weight only...simplicity is bliss.

In this phase you will be ridding yourself of the weights and using your own bodyweight for resistance. There are two new workouts, 20 new exercises and the intervals will stay at 60 – 15 and 41 minutes of cardio, conditioning and fat shredding workout. The goal is to shed the remaining fat surrounding the new lean muscles that you’ve built over the past four weeks on your way to becoming a Spartan Warrior.

HOW THE STS PROGRAM WORKS

The STS Program is:

• 10 weeks long involving weekly workouts and nutritional standards
• Broken down into weekly workout that you can print and carry with you, use the eBook and/or use the online videos at the STS Member website
• Five workouts per week, four are core STS Spartan Workouts and one workout is a “free day” meaning it’s your choice
• Includes a Nutrition Plan or Guideline through the Fit to Eat Nutrition Plan eBook
• Sign up to receive daily emails from me, your Personal Trainer. I will give you step by step instructions throughout the program, motivate you and help you reach success.

STARTING THE STS PROGRAM:

Once you have gone through all the steps in the Quick Start Guide, you are ready to start down your PATH TO GLORY.

Choose the following Monday to start and GET IT DONE. Mark it on your calendar and prepare to get going. This is the best and the easiest way to stay on track with the program. If you can’t train on a Monday then choose the next possible day and adjust accordingly. If you miss days you can always make them up during the week. There are four core workouts and one free day that you must complete.

HERE WE GO!!!!!!
HOW TO USE THE STS 10 WEEK PROGRAM
The Tools to Help You

STS Member Website
The member website will house all the information for the program. Everything you need will be conveniently centralized there for you.

STS eBooks
The downloadable eBooks have information that you can use as well. If you don't use the website, you can download the eBooks and have the complete program available at your fingertips.

Information Videos
The information videos represent a website navigation FAQ. They will guide you through the website, provide you with valuable information and let you know what you can find where. Be sure to take a few minutes to watch each of the short, information videos.

Workouts
The workouts themselves are available in several formats for you. You may choose to download the eBooks and read through the instructions for each workout. You can watch a quick three or four minute demo of each workout or if you’d prefer, you can view a 10 second clip of one of the exercises in the workout. Finally (the best way), if you purchased the upgrade then you can download and workout with Funk through the FOLLOW ALONG VIDEOS.

Workout eBooks
You will have the option to download the eBooks for each workout (different every week) along with the tracking sheets. These will exhibit all workouts and will include a comprehensive description and pictures/illustrations for each of the exercises.

Upgraded OPTION: Follow Along Workout Videos
You can download the Follow-Along Videos and workout alongside Funk. You can literally just plug 'n play and Funk will work out with you. Professionally shot with videos using three to four cameras, you get several angles for each exercise and you can follow the cadence of Funk.

Exercise Demo Videos
For every workout there is a list of exercises. For each exercise there is a demo video that provides you a 10 second clip in case you forget or are not familiar with the moves required.

Workout Demo Videos
Each workout has a two to three minute demo of the entire workout so you can get a quick look at the exercises, the speed and the form of the workout.
Workout Instruction

I have included a thorough instruction for each exercise. This will help you get through the exercise properly and allow you to achieve the intended benefits.

Fit to Eat Nutrition Plan

The Nutrition package contains nutrition guidelines and basics along with the upgraded option of the Fit to Eat Meal plans.

**UPGRADED OPTION ONLY**

There are two different types of meal plans for you to choose from.

a) **Done For You Meal Plan** that has all the meals formulated for you. All you have to do is make your choice from the list of meals and prepare it.

b) **Do It Yourself Meal Plan** that lists the different food options allowing you and pick and choose your fare and create a delicious, nutritious meal.

Warm Up and Stretch Videos and eBooks

You will have access to Warm Up and Stretch Videos and eBooks that you MUST use prior to (Warm Up) and following (Stretch) each of your workouts.
GETTING STARTED: MAKE THE COMMITMENT

QUICK START GUIDE INFORMATION

In preparation for your journey to becoming a True Spartan Warrior there are a few items we have to take care of. Download the Quick Start Guide and Package which includes all the information you need to get organized. This guide provides you with a tangible manual to help you get completely set up before stepping into the arena of transformation.

Included you will find a checklist allowing you to cross off each requirement as you complete it. Before you start the program, you MUST complete the checklist in its entirety.

MEASUREMENTS AND PICTURES

Before you enter the Ludus to begin your training, you will need to take your measurements, snap some pictures and test your current fitness level. All of these requirements will help you to track and follow your progress toward reaching your overall goal of becoming a Spartan Warrior. Trust me when I say you will be so happy that you took this information before you started the program.

Included in the program you will find:

MEASUREMENTS
- Video of how to take measurements
- List of body measurements and body fat

PICTURES
- Video of how to take pictures
- Area for participant to put picture
TOOLS FOR SUCCESS

EQUIPMENT INFORMATION
Throughout the Spartan Training System 10 Week program, you will be using these tools to help you burn maximum fat, improve your cardio and conditioning, build strength, tighten and tone your body, flatten the abs and strengthen your core. You will use your own bodyweight, kettlebells, dumbbells, stability ball, skipping rope, foam roller and your Gymboss Timer. The Equipment Guide, eBooks and videos are downloadable from the STS Member Website.

STS FITNESS TEST
Before you enter the Sparta Arena to begin your fitness voyage you must determine your present fitness level. The Spartan Fitness Test is used to gauge your improvement as you advance through the 10 weeks of the STS Program.

Including your benchmark test, you will perform the assessment three times during the program. Each time you take it you will see the positive development. Prepare to be amazed! Testing will help you follow your progress and stay on track.

SETTING GOALS
Goals are the backbone of any successful effort, be it your career, your education, financial goals or physical well-being like losing weight and improving your overall fitness.

Most people know that they have to set goals but they may not know how to or they may lack the two most important things to do so; motivation and self-confidence. This is where I come in. I will facilitate your physical fitness goal setting and provide for you the motivation you need to succeed. I promise to do everything I can to help you with your self-confidence as well, but you have to FOLLOW THE PROGRAM just as I have configured it.
First and foremost, here’s how to make proper goals to help you succeed.

Goals need to be **S.M.A.R.T.** – Specific, Measurable, Achievable, Relevant and Timely.

**SPECIFIC** – When you are starting on this fat loss journey, you need a goal (or goals) that you will commit to. Commit by writing them down on paper. Demonstrate your strong desire and commitment to the goal by writing down all the reasons that you want to achieve it – “THE WHYS”. Remember to envision your desired physique. It’s not a stretch….follow the program and you will be successful.

I don’t think I’m going out on a limb by suggesting that you have a goal to get in shape or more specifically, to improve your body composition, fitness level and overall health. But that’s not specific enough. Stating that you want to lose weight, get fit and be healthier is one thing, but finding a specific goal (or goals) to shoot for is critical to your success.

**MEASURABLE** – This one is simple. Your fitness assessments will allow you to “measure” your progress.

**ACHIEVABLE** – Of course it’s achievable! Use the tools I have pulled together for you. The motivational emails, the Follow Along Videos, the whole flippin’ program! It’s all laid out for you and **YOU CAN DO IT!**

**RELEVANT** – Anytime you set a goal to improve your physical fitness (whatever your reasons are) is an investment in you. **OF COURSE YOU ARE RELEVANT! YOU ARE THE BOMB!**

**TIMELY** – 10 Weeks. 10 Weeks on the path to glory. 10 Weeks in your transformational journey. Just think about that, 10 measly weeks to become a **Spartan Warrior**. Very timely.

Set your goals and commit. I will be there to help you every step of the way. We’ll start on the Monday following the completion of your Quick Start Guide Checklist.

Let’s do this!
Tracking and measuring your results while doing the Spartan Training System is the best strategy to reaching your goals. I see SO many people skip this step and end up frustrated when there is no movement toward their desired goals.

Tracking and Measuring means **GETTING RESULTS!**

**Tracking** = the actions you are taking to get closer to your goal.

**Measuring** = evidence the actions you are taking are working.

Tracking and Measuring allows you to know how you are doing and acknowledging results no matter how big or how small.

**So HOW do you do it?**

How you choose to do it is really based upon what works best for you - what’s more important is that you ARE doing it.

Tracking can be journaling, checking off or taking note of any actions you are taking from the foods you eat, the sleep you are getting, the # of steps you take each day, to the workouts you complete.

Taking concrete body measurements and composition every 1-2 weeks helps you to gauge your progress and bring you closer to success.
<table>
<thead>
<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
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<td>Workout #1</td>
<td>Rest</td>
<td>Workout #2</td>
<td>Workout #1</td>
<td>Rest</td>
<td>Rest &amp; Prepare</td>
<td>Free workout day</td>
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<td>Workout #2</td>
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<td>Rest</td>
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<td>Workout #5</td>
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<td>Rest &amp; Prepare</td>
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<td>Rest</td>
<td>Workout #7</td>
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<td>Rest</td>
<td>Rest &amp; Prepare</td>
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<td>Workout #8</td>
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<td>Rest &amp; Prepare</td>
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<td>Workout #8</td>
<td>Rest</td>
<td>Workout #9</td>
<td>Workout #7</td>
<td>Rest</td>
<td>Rest &amp; Prepare</td>
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<td>Workout #10</td>
<td>Rest</td>
<td>Workout #11</td>
<td>Workout #9</td>
<td>Rest</td>
<td>Rest &amp; Prepare</td>
</tr>
</tbody>
</table>

**WEEKLY WORKOUT SCHEDULE**

- **FOUNDATION PHASE**
- **METABOLIC INTERVAL TRAINING**
- **METABOLIC RESISTANCE PHASE**
- **METABOLIC CONDITIONING PHASE**
STS WORKOUT GUIDELINES

Be sure to review the workout guidelines before you start the program.

1. If you haven’t trained with weights before or haven’t used them for some time, don’t worry, I ease you into the program during Phase One (2 weeks). Nonetheless you will experience Delayed Onset Muscle Soreness (DOMS). You will most likely experience DOMS after the first few days of training but it will go away as your body gets used to the workouts. I still get DOMS when I perform a new workout so this is completely normal.

2. Muscle burn (Lactic acid overload) is the burn in the muscle after a specific interval. This is a good sign as it means you are breaking down the muscle allowing it room for growth and expansion.

3. Make sure to breathe throughout the exercises. Holding your breath will only cause dizziness.

4. That being said lack of oxygen and feeling out of breath means you are working at the right intensity. Grunting, crying, moaning and cursing me are all acceptable.

5. PAIN IS FAT LEAVING THE BODY. You may feel tingles in the muscle or in your head which simply indicates that you are performing the intervals properly. These will begin to subside as you become stronger and more conditioned.

6. SWEAT, SWEAT, SWEAT. That’s the sign that your body temperature has increased and you are working hard. Sweat is a way for your body to cool down.

7. Weight used should always be challenging so continue to increase it as you get stronger. If you use the same weight and follow the same program for a long time, your body will adapt and progress will come to a halt.

8. Depending on the exercise and interval time, you should aim for 15-25 reps for exercises with resistance and as many reps as possible for bodyweight movements.

9. Always try to beat your rep score from the previous workout. Use the tracking sheet to mark down reps and illustrate your improvement.

10. If you are not familiar with the exercise, please refer to the instructional videos to learn the proper technique.
11. If you have any injuries or problem areas please use caution when exercising. Aside from muscle fatigue and soreness, if you are suffering from any painful injuries please seek medical advice.

12. Always warm up before starting any of the workouts so you can get the blood flowing and the heart pumping. Your body must be prepared to handle the stress and intensity you will place on it. Warming up your muscles as well as preparing your body for the hard workout is vital before any session. Warm ups should consist of five minutes of calisthenics and 10 minutes of dynamic warm-up.

13. Make sure to cool down and stretch after each workout so you can recover and prepare the body for the next workout session. Post workout static stretch is crucial for the duration of the 10 week program as it will help to keep you off the injury shelf.

FINAL WORD: Nothing worth having comes without some sort of fight. Whenever you feel the intervals, the exercises or the workouts are too hard, remember how awesome you are going to look and feel when you achieve that goal you set.

YOU ARE WORTH IT, YOU CAN DO IT, NOW LET’S GET IT DONE!

SPARTACUS 10 WEEK PROGRAM

By now you should be well versed in the content of the program, the structure of it and what it will do for you. Remember to sign up for the daily email as I will provide you with valuable information and special links to a Fitness Tip video page.

Please read all the information below as it will help to reach your weekly milestone and bring you closer to your end goal.

PROGRAM SPECIFICS

4 Phases of the Spartan Training System:

1. Foundation Phase
2. Metabolic Training Phase
3. Metabolic Resistance Training Phase
4. Metabolic Conditioning Phase
The first two phases and the forth are two-week segments while phase three is four weeks long. Providing you are following the program you will notice a marked improvement in your performance by week two of phase two.

There are four Core Spartan Workout days and one additional workout day where you will have the ability to choose your activities.

Spartan workouts are very challenging and become increasingly more so over the course of the 10 weeks. Each day of workouts will include a warm up, workout and post workout stretch.

**CORE SPARTAN WORKOUTS DAYS**

Each week you will perform four core STS Workouts. These workouts are scheduled for Monday, Tuesday, Thursday and Friday. Now I understand not everyone will be on the same schedule so if you have to change the schedule that is okay. You MUST however fit all four core workouts in each week.

**FREE WORKOUT DAY**

Each week you will have one day to schedule an activity of your choice. Assuming you are able to follow the schedule as designed, this “free” workout day will be on Saturday. It can be anything your little heart desires. Do a sports activity, hit the outdoors, do a workout that targets one of your weak muscles or body part. Try something new; perform one of the Spartan or Abs workouts I provide for you. The free day allows you to move your body in different ways and respond to different stimuli.

**REST DAYS**

The most important days are your REST DAYS. There are two scheduled per week; Wednesday and Sunday. The two days per week are mandatory, required, obligatory, compulsory, yada yada yada. Get the point? The rest days allow your body to rest, recuperate and recover from the workouts. Make sure you take it easy on your day off so that your muscles are fresh for the coming week.
## STS WORKOUTS BRIEF OVERVIEW – FAQ

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SETS</td>
<td>each workout has prescribed sets. One set consists of performing all 10 exercises for the intervals.</td>
</tr>
<tr>
<td>SETS/ROUNDS TOTAL</td>
<td>This indicates the amount of rounds you will complete for each workout.</td>
</tr>
<tr>
<td>INTERVALS</td>
<td>each workout is broken down into timed intervals. These intervals are the work time and rest time for each exercise in the workout. For example you may perform as many reps as possible in 45 second interval and rest or transition to the next exercise for 15 seconds. It reads 45-15.</td>
</tr>
<tr>
<td>WORK TIME</td>
<td>This is the time that you will be performing as many reps as possible for each exercise.</td>
</tr>
<tr>
<td>REST TIME</td>
<td>This is the time that you will rest between each exercise or transition to the next exercise.</td>
</tr>
<tr>
<td>EXERCISES</td>
<td>This indicates the amount of total exercises in each workout. For the core workouts you will be completing 10 exercises.</td>
</tr>
<tr>
<td>REST BETWEEN SETS</td>
<td>This is the time that you rest and recover after each set. Use this time to drink water, stretch, recover and mentally prepare for the next round.</td>
</tr>
<tr>
<td>WORKOUT TIME</td>
<td>This is the total time of the workout. This includes the rest time but includes the warm up and stretch time.</td>
</tr>
<tr>
<td>REPS</td>
<td>For each exercise there are NO prescribed reps but you should aim for 15-40 reps per interval time, depending on the exercise, resistance and weight being used. The goal is to perform as many reps as possible with good form.</td>
</tr>
</tbody>
</table>

**REST BETWEEN SETS**
Every phase has specific rest times. I encourage you to use a stopwatch to track the amount of rest between every set. This will ensure your heart rate stays elevated and that you have high intensity workouts every time to burn more body fat.

To increase the intensity of your workouts you can shorten the rest time between your sets.
OR increase your weight to further challenge yourself.

WEIGHTS
So how much weight should you use? Pick a weight that will allow you to perform the repetition needed for that exercise. It’s always safer to start off a little lighter and pyramid your way up as the sets progress. When establishing the weight to use for a particular exercise, if it’s difficult to finish the last rep in the set you have a good weight.

TRACKING SHEETS
I highly recommend you print your tracking sheet and use them to record the reps and weights for each exercise. Besides simply tracking reps and weight, you will be able to monitor your progress for each exercise.

FIT TO EAT NUTRITION GUIDE & PLAN

The meal plan and recipes within this book are meant to be used as a guideline. Although our nutrition plan is considered healthy by many standards, there is always room for improvement.

The great debate remains, “Is nutrition (aka “diet”) or exercise the most important element for your health?” The answer, both! Exercise (cardiovascular, flexibility and strength training) is essential for heart health, building strong muscles, joint mobility, healthy bones and burning off those extra calories.

Nutrition however will greatly affect how you feel, your energy levels and your overall health from the inside-out! Once you start eating well and your nutrition is optimal, you will not only shed those unwanted pounds but you will feel awesome too!

For the nutrition portion of the STS Program I have partnered with an extraordinary Certified Nutritionist Laura Discepola to create the Spartan Fit to Eat Nutrition Meal Plans and Package.

I wanted to ensure that the nutrition piece was laid out the right way and easy for you to follow as nutrition is enormously important for increasing your metabolism, burning fat and building lean muscle.

One of the toughest things for people to do is follow a diet or meal plan and everyone is at different levels in your attempt to safeguard your body with healthy fuel. You may have never eaten healthy, tried and failed at a few diets or are pretty healthy and just need to tweak your nutrition to enable you to effectively burn fat. The nutrition piece is critically important.
so please purge your unhealthy, toxic, over processed foods and rebuild your stash with the healthy choices from this program.

**UPGRADED OPTION:**
The Spartan Fit to Eat Nutrition Plan has two different meal plans for you to follow:

**The DFY (Done For You) Meal Plan:**
Nutritionist Laura D has put together a “DONE FOR YOU (DFY)” Nutrition Plan to take the thinking out of your diet. This option makes it easier for you to eat the right meals at the right time to help you maximize your fat loss. The theory behind the nutrition plan is to eat smaller, more frequent meals. In other words, “grazing” throughout the day is the most efficient way for the body to process food. Think about that. How many times have you been to a large holiday or celebration of sorts (which ALWAYS centres around food) and gorged to the point where you needed to undo your belt or you button, felt like you wanted to lie down and sleep or ate so much you wanted to throw up? I know this is an extreme example but it gets the point across. You eat because the food is there and because you are “supposed” to and your body just cannot process this. In both of these meal plans your diet is commensurate with your activity so there is an excellent balance of what your body needs.

Laura and I understand that diets and eating plan can get confusing as what to eat, when to eat it and how to eat it, not to mention the foods you need to stay away from. We do not want you to think of this as a “Fad Diet” but more of a “Healthy Nutritional Lifestyle”.

**The DIY (DO IT YOURSELF) Meal Plan:**
Nutritionist Laura Discepola has put together a “DO IT YOURSELF (DIY)” Nutrition Plan to give you the opportunity to customize your own food intake. Laura understands that you may have food preferences, so the plan allows you to personalize your menu while ensuring you get the correct fat burning nutrients in each meal and in the right combination.

The DIY plan is split up into Male and Female so depending on your sex, you are receiving the minimum caloric intake needed during the STS 10 Week Program. This is to make it easier for you to get eat the right meals in the appropriate amount at the correct time to help you maximize your fat loss.

The STS Program Nutrition Package has a devoted section on the Member Website that you have access to. The videos on the
member website will give you an overview of the Nutrition Plan and how to use them properly. The Nutrition section will also have recipe videos, nutrition tips and other great information to help keep you on track during the full 10 weeks.

Make sure you follow the meal plan laid out for you in whatever way suits you best. If you want to be successful, following the nutrition plan is essential. You cannot out train a bad diet. No matter how hard you workout, no matter how long you workout, no matter how many days a week you workout. If your diet is bad, you will NEVER see results.

**STS SUPPLEMENTS**

As you strive to reach your fat loss goals with the Spartan Training System, supplementation is the last elements you need to add to your training regime. Supplements can be used to help maximize your results and overall health. You only need the most basic, fundamental supplements to be extremely successful with any fat loss program.

I am not really a big supplement guy but I do believe that there are certain supplements that can enhance the results you get. When considering supplements, remember that they should be just that, supplements. By no means should they be a replacement for a proper workout and diet program. Supplements are not food and should never take the place of real food in your eating plan. In order for supplements to work properly, you must have the good foundation in place first. Once this is there, then you’re creating an unbeatable combination by adding the right supplements into the mix.

The STS Program has a Supplement eBook and section on the Member Website that you have access to. The videos on the member website will give you an overview of the Supplements that I use throughout the year to keep my body lean and ripped and what I recommend you use to help you succeed in the program and in a general healthy lifestyle quest.

**GET IT DONE!**
ABOUT THE AUTHOR

**Funk Roberts**, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an online fat loss expert that helps thousands of people worldwide burn unwanted fat while building lean muscle through his website, videos, articles, media and fitness products.

Funk is a Certified Metabolic Training Expert, Kettlebell Specialist, Mixed Martial Arts Conditioning Coach, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America’s Premiere Experts and will be seen on ABC, NBC, CBS and Fox TV Affiliates in the summer of 2013.

Funk has been a featured trainer in a few fitness training DVD’s and has produced his own online products such as, Elite Strength and Conditioning for Combat Athletes, Funk’s 6 Week Jump Training Program and the newly launched Spartan Training System 10 Week Fat Loss Program.

Funk is passionate about helping people transform their body and educate them on how to lead a healthy lifestyle. His mission is to help 500,000 people by 2014 change their life’s using fitness, nutrition and motivation.

His over 30 years of training, expertise, research and experience has made the difference in helping others change their lives for the better.

Funk has a following of over 40,000 subscribers to his websites, along with 36,000 YouTube subscribers and over 40,000 fans on Facebook and communicates with them on a daily to weekly basis.

He continues to learn and improve his skills so that he can supply the best information and contribute to the fitness community and help people make a difference in their lives.

At a young 44 years old, Funk is married and has 2 older children. His passion is training men, women, teens and athletes, helping people transform their lives, travelling and spending time with his wife and family.
HOW TO REACH FUNK ROBERTS

SOCIAL MEDIA

- Funk Roberts Fitness Blog: http://www.funk robertsfitness.com
- MMA Strength & Conditioning Workouts: http://www.funkmma.com
- YouTube: http://www.youtube.com/user/marc roops?feature=mhee
- Facebook: https://www.facebook.com/funk robertsfitness
- Twitter: @FunkMMA

OTHER PROGRAMS

- Funk Roberts Spartan Training System 10 Week Program: http://www.10weekfatloss.com
- Funk Flex Elite Strength and Conditioning for Combat Athletes: http://www.funkflexmmaworkouts.com
- Funk Flex Heavy Bag Conditioning Program: http://www.funkflexheavybag.com
- Funk 6-Week Jump Training Program: http://www.funkjumptraining.com